

Front Street FITNESS

CITY EMPLOYEE FITNESS CENTER

THE CITY OF

COLUMBUS

ANDREW J. GINTHER, MAYOR

SPRING & SUMMER CLASS SCHEDULE

Group Exercise Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
12-12:20pm	12-12:30pm	12-12:30pm	12-12:30pm	12-12:30pm
Upper Body Weight Training	Boot Camp***	BEAT THE CLOCK! (HIIT)	Boot Camp***	"TGIF" THE GRIND INCLUDES FRIDAY
12:20-12:40pm				
Lower Body Weight Training				

*** Class has a potential of going outside

Hours of Operation: M-F: 5am-8pm and S/S: 8am-4pm

YMCA Staff Availability

Monday	Tuesday	Wednesday	Thursday	Friday
7:00am-3:00pm	10:00am-6:00pm	7:00am-3:00pm	10:00am-6:00pm	7:00am-3:00pm

Would you like to join or have Questions?

Contact Pat Shick, the YMCA Corporate Wellness Support Coordinator at plshick@columbus.gov or x3979

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DEPARTMENT OF
HUMAN RESOURCES

healthy **COLUMBUS**
CITY EMPLOYEE WELLNESS PROGRAM

